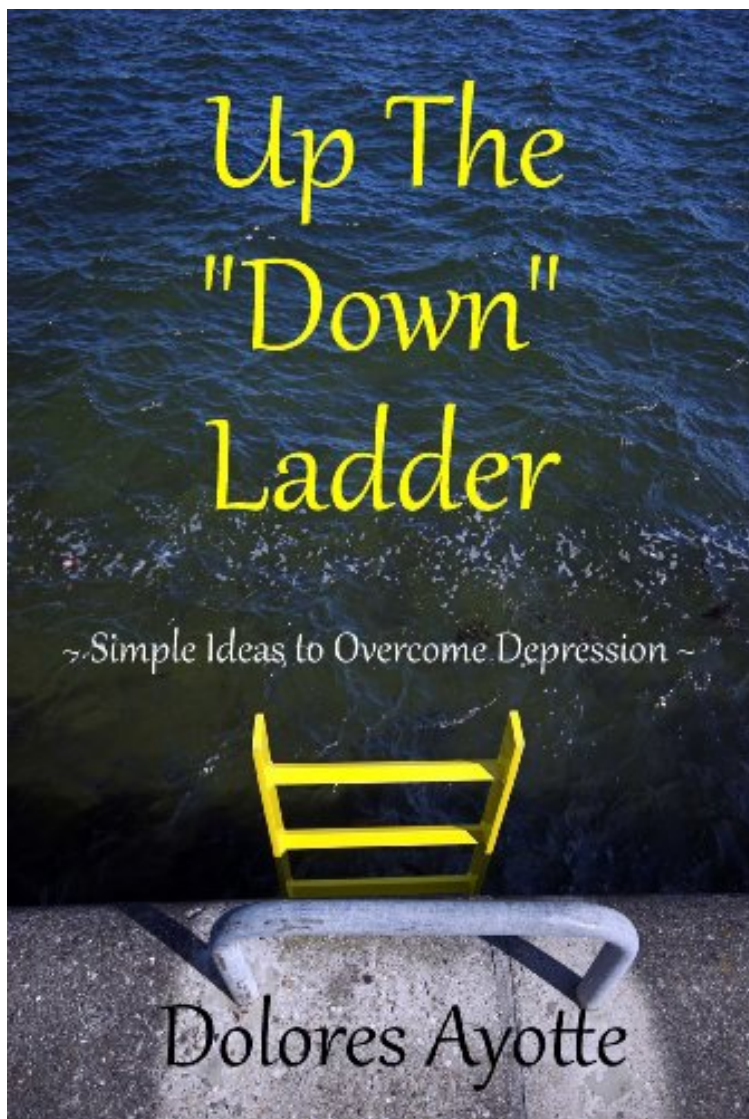


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Up The "Down" Ladder: Simple Ideas to Overcome Depression (English Edition)



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Description :

Prsentation de l'diteurSimple Ideas to Overcome Depression ~ Ive noticed something else in my travels. At times, the recollection of what happened to us to cause our depression can be skewed. It can build up in our minds as being much worse than what really occurred. It is only human to want to pay back others for what we think they did and for the grief that they caused. If someone was really mean spirited toward you and caused you nothing but grief, I repeat, the best way to get even is to get better. Remove your invisible kick me sign and dont allow anyone to get the better of you. Stop and I do mean stop allowing people to put you down. It seems to be a human flaw that if someone feels lousy, someone else will capitalize on it. I hope that

you read me loud and clear on this matter because I cant stress it enough. Work everyday at building up your self-esteem and your self-confidence. Make this the basis of your new you structure. Prsentation de l'diteur Simple Ideas to Overcome Depression ~ Ive noticed something else in my travels. At times, the recollection of what happened to us to cause our depression can be skewed. It can build up in our minds as being much worse than what really occurred. It is only human to want to pay back others for what we think they did and for the grief that they caused. If someone was really mean spirited toward you and caused you nothing but grief, I repeat, the best way to get even is to get better. Remove your invisible kick me sign and dont allow anyone to get the better of you. Stop and I do mean stop allowing people to put you down. It seems to be a human flaw that if someone feels lousy, someone else will capitalize on it. I hope that you read me loud and clear on this matter because I cant stress it enough. Work everyday at building up your self-esteem and your self-confidence. Make this the basis of your new you structure. Biographie de l'auteur I am a wife, mother and grandmother. I have a Bachelor of Arts degree with a major in psychology as well as teacher certification in Canada. I also have taken courses in human relationships and effective communication. Although, my primary focus has always been that of wife, mother and now grandmother, I have held a variety of jobs including elementary school teacher, telephone operator and bank employee. I am now retired and spend some of the year with my husband in a retirement community in Arizona. For the remainder of the year, I enjoy our children and grandchildren. In my early thirties, after two severe bouts of depression, I first attempted to write a self-help book. On looking back, I now realize that I needed more experience in order to do so. My books are not fiction although I do incorporate quotes and anecdotes to add to the creative flavor of my writing. Basically, my books are based on fact and my own personal healing journey. The baker's dozen (13 steps to a happier self) that I refer to in "I'm Not Perfect And It's Okay" is based on the actual skills I developed along the way to better cope with my life. All of my books are written in a more "do as I do" philosophy also based on my own travels in trying to figure out how to better cope with life's trials and tribulations. Each step that I have recommended, I have actually incorporated into my life. When I have an off day, as we all do, I still browse through my own recommendations. They continue to revive my drooping spirits when necessary. My greatest desire has always been to share my ideas so that others may benefit as well, if only in part, as they choose the steps that may apply to their lives. In life, I have been given so much. My first book, as well as my second, Growing Up Liking ~ (More Steps to a Happier Self) are my way of giving back in some small way. I sincerely hope that you enjoy reading them just as much as I have enjoyed writing them.